

Alaska Cod Florentine

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

2 Tablespoons olive, canola, peanut or grapeseed oil, divided

2 teaspoons chopped garlic

2 oz. pancetta or 1/4 cup crumbled bacon

4 Alaska Cod fillets (4 to 6 oz. each), fresh, thawed or frozen

1/2 to 1 teaspoon lemon pepper blend

1/4 cup water 2 packages (6 to 7 oz. each) fresh baby spinach

2 Tablespoons prepared tapenade OR 1 can (4 oz.) pitted chopped black olives, drained

Directions:

Heat 1 tablespoon oil in large, deep fry pan or stockpot over medium heat. Stir in garlic and pancetta and cook 1 to 2 minutes. Remove pancetta from pan; hold aside.

Rinse any ice glaze from frozen Alaska Cod fillets under cold water; pat dry with paper towel. Brush both sides of fillets with remaining oil. Place fillets in pan and cook, uncovered, over medium-high heat about 3 minutes, until browned. Shake pan occasionally to keep fish from sticking.

Turn fillets over and sprinkle with lemon pepper. Cover pan tightly and reduce heat to medium. Cook an additional 2 to 5 minutes. Cook just until fish is opaque throughout. Remove fillets to platter; keep warm.

Add water, spinach and pancetta to pot; cover and cook a few minutes, just until spinach is wilted. Stir to blend flavors and heat through.

To serve, portion about 1/2 cup spinach blend onto each plate. Top with a seafood fillet and 1/2 tablespoon tapenade or 1 tablespoon olives.

Nutrients per serving: 315 calories, 18g total fat, 4g saturated fat, 51% calories from fat, 65mg cholesterol, 32g protein, 6g carbohydrate, 3g fiber, 698mg sodium, 118mg calcium and .5g omega-3 fatty acids.

Variation: Substitute Alaska Pollock or Sole fillets for Alaska Cod. Adjust cook time for smaller fillets if necessary.